



Week Commencing Monday 4th March 2024

Headteacher's Update

Dear Parents and Carers

It was a really interesting week last week with all of the different activities in and out of lessons regarding mental health and wellbeing. Students have developed their Wellbeing Pledges and identified Wellbeing Allies and all of year 7 had a chance to experience the I Can I Am bus. Many thanks to those of you involved in the Wellbeing Fair

I hope that some of it has proved useful for students and for you.

Mr Farrer

WEEK A	CALENDAR - TERM 4
Monday 4 th March	•
Tuesday 5 th March	•
Wednesday 6 th March	• Y10/Y12 Paris Trip Parents Information Meeting; 6.00pm - 7.00pm
Thursday 7 th March	• Y10 Bronze DofE Parent Info Evening; 6.00pm - 7.00pm
Friday 8 th March	• Y10 - Y13 Feminista Poetry Workshop with External Speaker; 3.00pm - 4.30pm

Collective Worship at St Laurence

God, please
help us,
whether we
have faith or
no faith, to..

- Be still in our busy day
- Connect with our school's Christian vision and values
- Consider turning points
- Take an opportunity for prayer or reflection

Care - Inspire - Succeed



Safeguarding Snippet...

A straightforward question this week intended as a **discussion starter**. With a colleague, describe five **contextual safeguarding issues** that could affect young people in your local area. From a student's perspective, how could you find out if your five risks are the same as theirs.

... because safeguarding is everyone's priority.



From: Mrs Overfield – Deputy Head and Designated Safeguarding Lead

A reminder about Student safety along **Ashley Road**, we received a complaint about cars mounting the pavements during the school run. Please remember that our students and members of our community are at risk of serious injury. **We encourage you to use Churches as a safer drop off area.**

From: Mrs Barber – Assistant Headteacher

A-Z OF MENTAL HEALTH

Positive mental health and wellbeing makes us feel content, peaceful and valued. Use these tips to improve your mental health one letter at a time.

A ASK FOR HELP You are not alone, so reach out and ask for help.	B BREATHE Focus on your breath to find a sense of calm.	C CONNECT Connect with friends, family and trusted adults.	D DETOX Unplug from social media and other distractions.	E EMOTIONS Observe how you feel and label your emotions.	F FIND SAFE PLACE Go to a place where you feel safe and at ease.
G GRATITUDE Focus on the things you're grateful for.	H HEALTHY HABITS Create a balanced routine with healthy habits.	I INQUIRE Pause and ask yourself, 'how do I feel right now?'	J JOURNAL Use a journal to express your thoughts and feelings.	K KINDNESS Be kind and compassionate to yourself and others.	L LET GO! Feel more energised by moving your body.
M MEMORIES Visualise three things you are proud of.	N NATURE Improve your mood by exploring the great outdoors.	O OPENNESS Be open to new activities and notice what happens.	P PATIENCE It's okay to not be okay, so give yourself time.	Q QUIET Take quiet moments every day to reflect.	R REST Be mindful, rest often and get plenty of sleep.
S SUPERHERO Stand in the Superhero Pose for two minutes every day.	T THOUGHTS Track your thoughts in a journal, and notice any themes.	U UNIQUE You are unique, and so is your mental health.	V VOLUNTEER Boost your self-esteem by giving back to others.	W WORRY TIME Schedule 'worry time' to help solve practical worries.	X EXCITEMENT Do more of the things that bring you joy and excitement.
Y YOU MATTER! You are important and your feelings matter.	Z ZEN Practise calming activities like yoga and meditation.	Find out more about how Optimus Education can help boost your wellbeing at healthinschoolsuk.com			

25 OPTIMUS EDUCATION part of shaw trust

To report a student absence please ring the Attendance Line by 8:30am on 01225 309501

From: Mrs Jones – Exams Officer

Timetable of Y11 March English & Maths Mock Exams w/c 11 March 2024 (in Sports Hall) Week A	
Tue, 12 March	
Lesson 4 & 5 early lunch	1.00pm - Maths paper 1 1h30m (non-calculator)
Wed, 13 March	
Lesson Tut & 1	8.35am - English Language 1h
Lesson 4 & 5 early lunch	1.00pm - Maths paper 2 1h30m (calculator)
Thu, 14 March	
Lesson Tut & 1	8.35am - English Literature 45m
Lesson 4 & 5 early lunch	1.00pm - Maths paper 3 1h30m (calculator)

From: Mrs Baldwin – Outdoor Education Coordinator

Year 10: Bronze Duke of Edinburgh Award

There will be an information evening for parents/carers only on the **7th March in Trinity Hall, 6-7pm.**

Chris Horobin who runs the provider that we use will be there to outline the expectations and details of both the practice weekend and the expedition. It is important that you be there but if you can't attend, all information will be available after the meeting.

If your child has **not** received their welcome pack from signing up to eDofE, please can you email helbal@st-laurence.com with your child's name and I will get a welcome pack sorted for them. Deadline for responding will be the 8th March.

From: Mrs Nash – Head of Drama

Upcoming Auditions

Auditions for our junior production of Charlie and The Chocolate Factory take place during the week beginning the 4th March. Students in Years 7-9 interested in taking part should sign up on the sheets outside the drama office.


'Replica' - NT Connections

Year 10 GCSE Drama students will be performing 'Replica' - a new play written for the National Theatre Connections Festival - in Trinity Hall on 8th March. Tickets are £5 and available now from ParentPay. The performance will be watched by an assessor from the National Theatre and a good audience will take us a step closer to being chosen to perform at the National in July! The performance starts at 7pm and lasts approximately one hour. Please note that there is some bad language in the script so please check with Mrs Nash if you are thinking of bringing younger pupils. We thank you for your support and hope to see you there!

Monday 25th March - Our cast of 'The Taming of the Shrew' will be performing at the Tobacco Factory in Bristol as part of the Shakespeare Schools Festival. Information on how to get tickets can be found here [Shakespeare Schools Festival 2024 - March - Tobacco Factory Theatres](#)

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From: Mrs Whittle – SENDCO

Bristol Autism Support 

What's on February - March 2024

Bristol Autism Support is a registered charity (1186287) offering peer to peer support for parents and carers of autistic children in the [South West](#) of England. BAS is the [South West](#) regional hub delivering the Autism Central Peer Education Programme.

Upcoming Sessions:


Understanding Autism for Personal Assistants
This free online information session is for people working as Personal Assistants (PA) with autistic adults and children. Wednesday 28th February 10am-12pm.

Online Information Sessions, Booking Required:

- [Managing Anger](#) | Friday 2nd February, 12-2pm.
- [Autism & Associated Conditions](#) | Friday 9th February, 10am-12pm.
- [Sensory Processing Differences](#) | Friday 9th February, 1-3pm.
- [Support in Education](#) | Tuesday 20th February, 10am-12pm.
- [All About Autism](#) | Wednesday 21st February, 10am-12pm.
- [Autism & Masking](#) | Thursday 29th February, 10am-12pm.
- [Applying for Disability Living Allowance](#) | Wednesday 6th March, 10am-12pm.
- [Supporting Distress](#) | Wednesday 13th March, 10am-12pm.
- [The Interoceptive Sense](#) | Thursday 14th March, 10am-12pm.
- [All About Autism](#) | Tuesday 19th March, 12-2pm.
- [Autism & Sleep Online Drop In](#) | Thursday 21st March, 1-2pm.

1-1 sessions
Book a 1-1 session with our wrap around coordinators for families and carers of autistic people. This is an opportunity to talk to one of our team who can provide support and signposting to further information. This 1-1 service is only open to families and carers of autistic people that live in [South West](#) England.

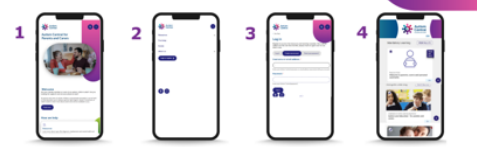
Find out more & book sessions here:
<https://www.bristolautismsupport.org/autism-central/>
<https://www.autismcentral.org.uk/hubs/bristol-autism-support>

Bristol Autism Support 

Online Learning

You can also access free online learning modules on the Autism Central Website. You will need to register with an email address to access the learning portal. See access instructions below and find modules on understanding autism, [wellbeing](#) and Autism & Education.


Register (mobile)



1. Go to www.autismcentral.org.uk
2. Click on 'Login or register'.
3. Click on 'Create new account'.
4. Add your details to register.

When you login you will be able to see your dashboard. Select the resource you wish to view.

Register



1. Go to www.autismcentral.org.uk
2. Click on 'Login or register' (at the top right corner of the screen).
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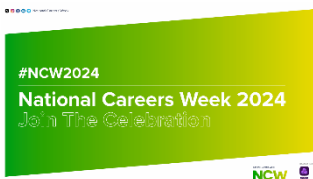
Learn more about autism

Autism Central is delivered by parents and carers, for parents and carers, to help you learn more about autism and the services available.

What can I access?

- **Resources:** find information from partners and other trusted sources.
- **Find help:** one-to-one sessions with information and services available in your area from your regional hub.
- **Events:** talk to people who share similar experiences.
- **Online learning:** sign up to access further learning resources.

www.autismcentral.org.uk/southwest 

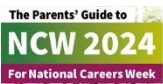


National Careers Week 2024 has arrived! (Monday 4th – Friday 9th March 2024)

What is National Careers Week?

At a crucial time in the academic year, schools, students, parents and carers have the chance to focus on all things careers – to ask questions, to talk about options and to support students to think about what they might like to do after school.

Over the course of the week, we invite you to engage with your child and to support them in learning about the world of work. Please find attached some resources that you may find useful.



[Free resources | The Parents' Guide \(theparentsguideto.co.uk\)](https://theparentsguideto.co.uk)

Sign up to receive fortnightly updates, or just download this copy to support your conversations this week. You may also be interested in the Green Careers Week information.



[113173_shape-your-career-resource.pdf \(emlfiles4.com\)](https://emlfiles4.com/113173_shape-your-career-resource.pdf)

An overview of opportunities post-18 if you're not sure that university is for you.



BITESIZE

[Careers - BBC Bitesize \(www.bbc.co.uk/bitesize/careers\)](https://www.bbc.co.uk/bitesize/careers)

BBC Bitesize is a tried and tested way of finding information, and now it is looking to develop its information about careers. Have a look at the A-Z of different jobs and at the advice about how to make those choices.



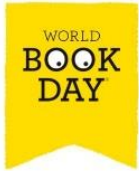
There is also a virtual careers fair which is accessible from home. It will go live from Monday.

[Countdown - NCW 2024 Virtual Careers Fair \(www.ncw2024.co.uk\)](https://www.ncw2024.co.uk)

As always, if you have any questions or comments, please don't hesitate to get in touch careers@st-laurence.com



From: Abi Lown – ILC



7th March is World Book Day 2024

To celebrate we have loads of activities going on in the ILC/English Team during the fortnight 4th – 15th March.

1. Reading Game

This will be running in timetabled English lessons with year 7 and 8. Warning to other staff in the ILC: it may get noisy!

2. Cluedo

Instructions and answer sheets will be available from the ILC. 6 witness clues and questions will be placed around school site for students to find.

3. World Book Day Tokens

These will be placed in tutor trays at the beginning of the w/c 4th March. There should be one for each student. Tutors: please give these out when convenient. Any spares can be returned to the ILC.

4. Staff favourite reads

A poster will be placed in all staff pigeonholes. Please can you fill in with your favourite read and be prepared to discuss with students.

5. Book swap

This is going to take place on Friday 8th March. Books will be collected in from students during English lessons.

From: PE

PE FIXTURES 04/03/2024 - 08/03/2024

Tuesday 5th March

- Year 7/8 Netball @ Matravets 3pm-5.30pm
- Year 10 Boys Football vs. Matravets (Home) 3pm-5pm
- Year 8 Boys Football vs Matravets (Away) 3pm-5.30pm

Wednesday 6th March

- Year 7 Boys Football vs Matravets (Away) 3pm-5.30pm

Thursday 7th March

- Year 7 Girls Football Tournament @ Kingdown School 3pm-5.30pm

From: Heather Browne

World Book Day poet visit and book swap.

To mark World Book Day and International Women's Day, Feminista have arranged a poetry workshop with local feminist poet Nia Solomon. The event will take place in Breathing Space on Thursday 7th March 3.15-4.15pm for KS4 and KS5 students. If your child is interested, please sign them up to the Feminista club on School Cloud.

Our Y12 Literacy Leaders will hold a book swap on Friday 8th March under the restaurant canopy during breaks and lunches. Students can donate a book to swap during English lessons until Thursday 7th March. They will be issued with a token they can use to select a new book on the 8th. Books should be suitable for secondary aged students and in good condition. We hope many students will get involved as swapping books is fun, free and good for the planet.

Journalists visit at Connect Club on Tuesday 12th March.

Leading fashion journalist, writer and marketing director Deborah Bee will visit school for a talk and workshop on Tuesday 12th March 3.15-4.15pm in F4. Deborah has worked for publications including Vogue, Cosmopolitan and The Times and runs her own sustainable fashion brand. If your child is interested in these fields, please sign up on Connect Journalists on School Cloud/email heabro@st-laurence.com before Monday 11th March.

Online Safety and Wellbeing

At The National College, our [WakeUp/Wednesday](#) guides empower and equip parents, carers and educators with the confidence and practical skills to be able to have informed and age-appropriate conversations with children about online safety, mental health and wellbeing, and climate change. Formerly delivered by National Online Safety, these guides now address wider topics and themes. For further guides, tips and tips, please visit nationalcollege.com.

Top Tips for Supporting Children Who Are EXPERIENCING BULLYING

In a DfE survey, 38% of parents said that their child had been bullied in the past year, while 29% of secondary school headteachers reported bullying among students. Public Health England states that young people who maintain positive communication with their family were less likely to experience bullying – so it's important that parents, carers and educators know how to talk to children about bullying.

- 1. WATCH FOR BEHAVIOURAL CHANGES**

Children who are experiencing bullying may become quiet, withdrawn, or anxious; however, they may also act out on the playground or that they're feeling. A shift in attitude towards their existing friends (or not mentioning them any more at all) or refusing to new friendships which seem notably different could also be warning signs. It's important to be alert to such changes and talk to your child about them if they occur.
- 2. THINK THINGS THROUGH**

Before acting, ask yourself if this is the right time and place to address concerns about bullying. Might your worries trigger strong feelings, perhaps from your own experience – that could discourage your child from opening up to you. You could try discussing what you've noticed with another trusted adult who knows your child well.
- 3. BE OPEN AND UNDERSTANDING**

Try to outline to your child the changes that you've noticed in their body language, appearance, behaviour, or tone of voice – and do so without sounding judgemental. Help them to describe what they're feeling – be it anger, sadness, fear or something else – as accurately as possible. If they say they're 'angry', do they mean 'nervous' or 'frustrated'? This will help them to understand how they're feeling and why.
- 4. LET THEM SPEAK FREELY**

Use open questions and a welcoming tone to encourage your child to talk. Listen closely and politely (silently without interrupting) to demonstrate that you're understanding clearly. Bullying may have undermined your child's sense of control, and they may fear that you'll judge them, overreact or impose consequences – so this conversation can reassure them being honest with you was the right decision.
- 5. CALL A TIME OUT**

A conversation about bullying could leave both you and your child feeling stressed. It's important to recognise this and pause at suitable moments to calm down. Take deep breaths, enjoy a hot drink or even have a cathartic cry. This can reinforce trust, while also helping you both feel that you have control over the situation and the emotions that you're feeling.
- 6. STAY INFORMED**

Make sure you know your child's school's definition of responses to and relevant contacts for bullying. This information should be in their anti-bullying policy, which ought to be available on the school's website. Class teachers or form tutors are usually the first point of contact, though there may be dedicated support teams or key workers to help your child, depending on the specific situation.
- 7. PREP YOUR CHILD FOR THE RESPONSE**

Schools' responses to bullying vary depending on whether they're resolving disagreements and arguments, or addressing unprovoked verbal or physical harm and so on. It's important to work out with your child whether any harm was intentional, how much control they had over the situation and how often such incidents have occurred. Reporting concerns accurately will get the best outcome for your child more quickly.
- 8. SUMMARISE YOUR CHILD'S EXPERIENCE**

When you contact the school, make sure you've precisely described what your child experienced: what happened; when, where, and who was involved. This will help the school to investigate further, identify any witnesses, as well as those who were directly involved. It can also help the school to know how your child is feeling and how they'd like the matter to be resolved.
- 9. LIAISE WITH THE SCHOOL**

Any school has a duty to ensure that the members of its community feel safe and included. It's important for children to learn their role in this. The school must determine how best to restore these feelings of safety and respect. It's often best for schools to keep parents and carers informed of any action taken – and for families to avoid taking matters into their own hands.
- 10. CHECK IN FREQUENTLY**

Once the issue has been resolved and the bullying behaviour has stopped, your child may still feel anxious and might find it difficult to rebuild relationships or develop new ones. Parents, carers and the school should all keep an eye on how the child is feeling and acting over the following months. Any relevant information should be shared, so that further support can be planned if necessary.

Meet Our Expert
Rob Bailey is the Director of Anti-Bullying Quality Mark-UK, which challenges and supports schools to develop sustainable whole-school approaches to prevent bullying, including working with parents and carers. More than 60 schools in England and Wales currently hold the quality mark.

[#WakeUpWednesday](#) The National College

Source: https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/708226/survey_of_parents_and_children_2021.pdf
https://www.gov.uk/government/uploads/system/uploads/attachment_data/file/708226/survey_of_parents_and_children_2021.pdf

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Users of this guide do so at their own discretion. No liability is entered into. Current as of the date of release: 28.02.2024

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80'S THEME NIGHT



FREE ENTRY

When: Wednesday 6th March 2024

Doors open 4:30pm, film starts at 5:00pm

Film finishes at 7:15pm

Where: Wiltshire Music Centre

80's clothing encouraged

Food available to buy

SCREENING...

**BACK
TO
THE FUTURE**

**BOOK YOUR FREE TICKET
HERE OR SCAN THE QR CODE:
WWW.WILTSHIREMUSIC.ORG.UK
/BOOK-ONLINE/130201/**



SCAN ME



St Laurence School

has joined the following SOCIAL MEDIA platforms to keep you informed of some of the great work your children are doing at school.

We will post news and photos from school trips, dance and drama performances, STEM events and lots more. Follow us on Facebook, Instagram and Twitter and “like” and “share” our stories.

FOLLOW

LIKE 

& SHARE



facebook.com/StLaurenceSch



instagram.com/stlaurencesch/



twitter.com/stlaurencesch

www.st-laurence.com


Restaurant Menu for Week Commencing Monday 4th March 2024

Lunch week 3

All our ingredients are locally sourced and delivered fresh by local suppliers. Our eggs are free-range and Red Lion stamped, our fish is sustainably sourced and MSC approved and our meat is British Red Tractor accredited wherever possible.

	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
MAIN MEAL	CAULIFLOWER & BROCCOLI BAKE AND GREEN SALAD	WINTER HOT POT SERVED WITH MIXED VEGETABLES	TOAD IN THE HOLE ROAST WITH ALL THE TRIMMINGS	LASAGNE SERVED WITH GARLIC BEAD SLICE AND VEGETABLES	BATTERED FISH & TARTAR SAUCE SERVED WITH CHIPS AND BEANS
PLANT BASED / VEGETARIAN	PESTO PASTA BAKE	VEGETABLE HOT POT SERVED WITH MIXED VEGETABLES	TOLD IN THE HOLE SERVED WITH ALL THE TRIMMINGS	VEGETABLE LASAGNE SERVED WITH GARLIC BREAD SLICE AND VEGETABLES	VEGETABLE TART SERVED WITH CHIPS AND SALAD
STREET FOOD	VEGETABLE STIR FRIED NOODLES	PENNE ALFREDO	VEGETABLE FALAFAL SUB	VEGETABLE CURRY AND RICE	BBQ CHICKEN WRAP
TAKEAWAY TUBS	SOUP OF THE DAY & ROLL	STIR FRIED CHICKEN NOODLES	SPICY SAUSAGE PASTA	CHILLI BEEF BURITO	VEGETABLE LOADED NACHOS
PIZZA SLICE	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY	PIZZA OF THE DAY
JACKETS	TRY OUR DELICIOUS FILLINGS FOR 70P EACH				
DESSERTS	GOOEY CHOCOLATE SPONGE & CUSTARD	BANOFFEE PIE CAKE	APPLE CRUMBLE CAKE	MIXED BERRY STRUDAL	LEMON CHEESECAKE

Meal Deal
Main Meal With Vegetables And Dessert



£

All of Our Main Meals and Desserts are 'Vegetarian' Made To Be Healthy!